

Harper Center Bulletin

The Williamstown Council on Aging can be found in the Harper Center at 118 Church Street.

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You can also find us on the municipal website at www.williamstownma.gov or at www.facebook.com/williamstowncouncilonaging

Serving Town elders since 1966

Williamstown Council on Aging

Harper Center Bulletin #262

September 2016 Newsletter

The summer doesn't officially end until mid-month and as the weather will continue to be quite nice we'll just continue playing our summer games for a little while more OK? The end of the season brings all sorts of goodies to us, the result of lots of labor from different people.

These include fresh crunchy apples for one, beautiful multicolored mums to decorate and yes, there is still corn on the cob to be had out there. Oh, the sun will be warm and even as the nights cool down, lots of reasons to really enjoy this time of year!



Let's not rush the seasons OK? A couple weeks ago, in the middle of that massive stretch of humid weather which landed on us in the middle of August,

I walked into a local spot and was confronted with Halloween displays. Really? I get the "Back to School" stuff but it's Summer! People are still on vacation here! Next we'll be harvesting pumpkins next to fully decorated Christmas trees?

Anyway....school is back in session and there will be small people walking around out there so be careful while driving! Fall is coming...but not too soon!

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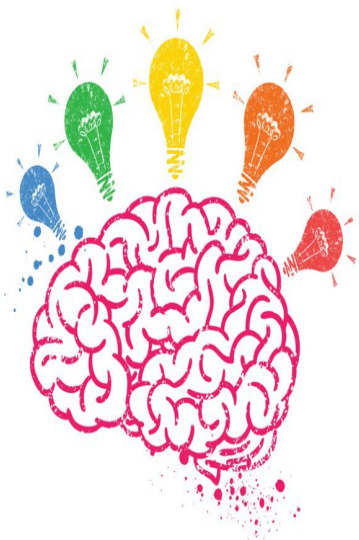
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Flu Shot Clinic

Despite our efforts to celebrate the warm weather and bright sun and colors of the seasons change-we still have to be aware of what does in fact lurk down the road a bit so...we'll be hosting the Berkshire VNA here at the Harper Center on the morning of Thursday September 29th to do our annual Flu Shot Clinic earlier than usual. Yes, Flu season will get here and you need to be prepared. To that end, come in and get your shot- we'll be dispensing them from 9:00 A.M. to 11:00 A.M., the clinic is open to all over the age of 18-bring your Medicare or Masshealth cards. The fee is \$25 for non Medicare or Masshealth members. No Appointments necessary. Oh-please wear short sleeves!

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The what to do luncheon

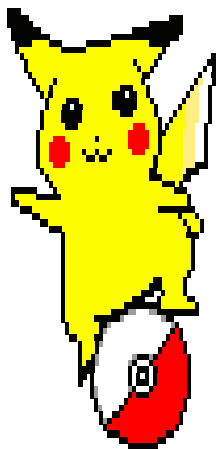


Lots of our programs came from simple sessions where a bunch of us got together and brainstormed about what sorts of activities and programs would be interesting to offer during the course of the following few months. During our first ever session, there was a request for cookouts, more music and definitely more bingo. As the years have passed, the focus has shifted to different kinds of food (always food) but more cerebral activities including classes on healthy activity, exercise and nutrition (food again) and doctors-there was a request for doctors to come and speak after lunch...

And movies. We did a slew of those including several series hosted by participants.

So now it's time to do it again. We've initiated lots of activities and discontinued others as interest changed. Let's get together on September 20th for lunch and think about what programs we'd like to see next. Pasta at noon?

Balance Class resumes



Speaking of things we have come up with to offer as programming, fall avoidance exercises and programs has been on the list from the first day. Everyone knows about the danger of falls and the damage and losses which can result from them-and no we cannot stress it enough!

To this effect, we are using grant funds from the Massachusetts Office of Elder Affairs to continue the balance classes with Jane that we started in the spring. This series will run twice weekly for about 15 weeks, take a break in the early winter around the holidays (yup, I said the "W" word) and resume culminating sometime next May. This is an excellent opportunity to "get stable" on your feet. Days? We're still talking. Definitely starting within a couple weeks and we'll announce it loudly soon! Watch for it!

End of summer/welcome fall party



The summer can't end and the fall cannot begin until we say so. You would think that by now they would have figured this out. Anyway, it's time to bid summer adieu and we will, regretfully, on Tuesday afternoon, September 27th. It will be the annual "Goodbye Summer and Hello Fall" cookout featuring burgers, brats and dogs. There will be music too and our friend Robin from Berkshire Housing has engaged David Malachino to play for us. There won't be corn on the cob this time but maybe we can scrounge up some appropriate Autumn welcoming delicacy. Got thoughts...?

So join us to send summer away for a few months and welcome aboard what we all hope will be a marvelous Fall season! Watch for the sign up!

Loss Group

We talked about this group last month...

We've decided that grief and sadness following loss doesn't discriminate and people feel just as yucky when a beloved Aunt or pet passes. So I think that we're just going to call it the "Loss Group" and support everyone who has suffered a significant loss during the year regardless of whether its human, animal or, as we have experienced on a very large scale here in Williamstown, home. Grief is grief, hurt is hurt,

So-here's what we're going to do. The group will meet on Friday mornings from 9:00 to 10:30 in the classroom at the Harper Center for six consecutive weeks. After a three week hiatus, we'll renew and meet for another six weeks and then break for three...so six on three off. Easy enough right?

The first gathering of the group will be at 10:00 on Friday September 16th. All are welcome.



Java Judy

Ms Bombardier will be back in the Java role on Friday morning September 16th and she'll be bringing a new friend with her-Sarah Kline, the Admissions director from Williamstown Commons. I bet some of you met Sarah back in July when they were hosting the annual BIG summer picnic under the tent over there on Adams Road....

Anyhow, Sarah will be here to talk about the Commons, their programs and the very skilled services that they offer over on Adams Road. I know a bunch of our friends here have visited or stayed briefly at the Commons and have spoken glowingly of their services. So come by and meet Sarah! It's the first FTF of the season so bring your appetites too! 8:30.



Travel the world from your seat in comfort on September 15!

Do you ever want to visit the pyramids of Giza but never had the chance? How about travel abroad to the home of your ancestors and see where your family origins lie? Well, now you can, and you won't have to leave the friendly confines of the Harper Center. We're offering an introduction to Google Earth and Google Maps-hands on instruction of course! We'll show you how to view the Earth by satellite and then zoom down to street level. You can visit exotic places, travel the world...on a more basic level you can get directions to local destinations and print out those directions too. Personally, I use the program to look at highway exits and pilot myself thru unfamiliar neighborhoods before I go off to meetings in new places. So sign up, space is limited! Elaine Keyes is the instructor and we'll start at 1:00!



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Williams Great Day of Service is coming around for the Fall of 2016. Sponsored by the Lehman Community Council, volunteering Williams students are available on Saturday September 24th to help out with some of those pesky yard clean up tasks or perhaps other appropriate tasks at your homes. Should you be interested in participating, contact us here at Harper and I'll pass the request along to the coordinators. 458.8250

Moria Hennessey from Hamilton Relay will be here on Thursday afternoon, September 22nd at 1:00 to talk with us about adaptive hearing devices including the traditional operator assisted relay functions, all sorts of options for folks with hearing disabilities. It's been a couple years since she was last here-I bet that there are all sorts of helpful tolls available to think about!

Heather Hurd from Blue Cross/Blue Shield will be hosted by our friends at the Spitzer Center in North Adams on Tuesday afternoon, September 27th-an informational session for folks out there who are soon to be eligible for Medicare programs-she'll have all the information you need. Open to all. Contact the NACOA at 662.3125 for information.

Oh. One more thing. How would you like to stop in for a cookout on September

Page four news and notes

Serena Merrill, our wonderful foot care nurse, will be in the house on Tuesday September 20th to clip nails, massage aching feet and work on those calluses we built up walking all over this summer. She has one opening left. That's the good news. The bad is that she is totally booked for October so if you're not on the appointment list, you're out of luck. Her next scheduled appearance in Williamstown is November 15th and we are accepting appointments for that date. Remember folks, it's first come, first serve so time is of the essence!

SHINE Counselor Peg Jenks will be here on Wednesday morning September 21st at 10:30 to answer any of those tricky insurance questions you may have. Medicare, Masshealth, one insurance versus the other, the whole alphabet soup of the insurance business...yeah, that stuff. She can help. Appointments are not required but suggested and Peg is available at other times as well-call the office at Harper, 458.8250, and we'll make arrangements.

The monthly blood pressure clinic sponsored by our friends at Sweetbrook will be on Tuesday September 13th at noon. Our friends will likely be bringing those magic cookies as a reward for braving the BP test..

September's brown Bag will arrive here at the Harper Center on Friday afternoon, September 23 around 2:00-ish. Brown Bag is a monthly offering of shelf stable goods and fruits and veggies in season delivered to you quite literally in a brown paper sack. There is a minimal application process but we can help you navigate that bit. Interested? Contact us at 458.8250 and we'll talk!

